

CONSTIPATION

Constipation, or passage of hard, dry stools, is often caused by normal body changes that happen during pregnancy.

Here are some things you can do for relief:

✓ **Eat more high fiber foods every day.**

- Have at least 5 to 9 fruits and vegetables a day.
- Munch on raw carrots, broccoli, apples, or pears for snacks.
- Select “whole grain” breads and cereals.
- Try a higher fiber cereal such as bran flakes.
- Eat foods made with dry and canned beans and peas.

Ask the dietitian for recipes!

✓ **Drink at least 8 glasses of fluids.**

- Have 2 or 3 glasses of milk, 1 or 2 glasses of 100% fruit or vegetable juice every day.
- Have at least 3 glasses of water every day, more if you can.
- Limit coffee, tea and soda pop with caffeine.

✓ **Be active every day!**

- Walking
- Swimming
- Dancing
- Riding a stationary bicycle

Check with your health care provider.

✓ **Go to the bathroom right away when you feel the need to.**

- Breakfast and a warm beverage will often help move your bowels.

If trying all of these tips does not relieve your constipation, talk to your health care provider.

Do not take medicines, laxatives, or home remedies or quit taking your prescribed prenatal vitamins or iron pills until you check with your health care provider first!



SAMPLE MEAL PLAN

Breakfast

- Bran cereal with milk
- Whole wheat toast with peanut butter
- Apple-prune juice
- Hot cocoa made with milk

Snack

- Fresh pear or cooked prunes
- Water

Lunch

- Navy bean and ham soup
- Whole wheat crackers
- Baby carrots
- Apple
- Milk

Snack

- Whole grain cereal squares
- 100% fruit juice
- Water

Supper

- Baked chicken
- Brown rice or wild rice
- Corn
- Tossed green salad
- Whole grain bread
- Milk

Snack

- Grapes
- Graham crackers
- Water

